

ABSTRACT OF THE DISCLOSURE

A memory foam mattress system includes a viscoelastic mattress, a slat-type mattress support, and a viscoelastic pillow. The mattress includes a viscoelastic top layer atop a denser foam core layer, surrounded by a removable cover. The viscoelastic foam material is configured to provide a substantially uniform viscoelastic response over a room temperature range of from about 55° F to about 85° F. The mattress support includes a perimeter frame with a plurality of transverse slats spanning the frame, including seven adjustable pairs of slats, with a support slat under each adjustable pair. A moveable adjustment clip attaches each support slat to a corresponding adjustable pair, to allow adjustment of the stiffness of the adjustable pair. The pillow has a body of viscoelastic foam with a contoured top and a flat bottom, surrounded by a cover. The contoured top has two support ridges, a larger one for side sleeping, and a smaller one for back sleeping. Foam inserts of varying densities are disposable in insert pockets in each ridge to adjust the firmness of the ridges.